

Menus for May 2017

Dawson County Junior High School

This institution is an equal opportunity provider. Menus are subject to change.

90 MINUTE RULE.

A hot shower before bed helps you sleep better. But there's a catch: make sure to shower ninety minutes before you plan to hit the hay. That way your body will have time to cool down and you'll be primed for the excellent, restful sleep we all need for good health!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Available Daily

Breakfast includes a choice of 100% fruit juice or fruit, and milk.

Whole grains are served daily.

Lunch meals include a fruit and choice of milk.

Monday, May 1

Breakfast

Chicken or Sausage Biscuit or French Toast

Lunch

Chicken Nuggets, Mashed Potatoes, Gravy, Roll, Broccoli or Steak, Mashed Potatoes, Gravy, Roll, Broccoli

Tuesday, May 2

Breakfast

Chicken or Sausage Biscuit or Mini Pancakes or Oatmeal

Lunch

Asian Chicken, Rice, Okra, Sweet Potato Tots or Philly Cheese Steak Sandwich, Peppers & Onions, Fries, Okra

Wednesday, May 3

Breakfast

Chicken or Sausage Biscuit or French Toast

Lunch

Hamburger w/Cheese, Fries, Lettuce/Tomato, Baked Beans or Spicy Chicken Wrap, Fries, Lettuce/Tomato/Cheese, Baked Beans

Thursday, May 4

Breakfast

Chicken or Sausage Biscuit or Dutch Waffle or Oatmeal

Lunch

Queso Chicken Nachos, Refried Beans, Lettuce/Tomato, Salsa/Sour Cream, Corn or Meatball Sub Sandwich, Fries, Steamed Carrots

Friday, May 5

Breakfast

Chicken or Sausage Biscuit or Mini Pancakes

Lunch

Boneless Chicken Wings, Macaroni & Cheese, Baked Potato, Carrots & Celery Sticks w/Dip or Popcorn Chicken, Macaroni & Cheese, Baked Potato, Steamed Carrots



Locally Grown Produce:

Apples, Cabbage, Carrots, Grapefruit, Green Beans, Green Peppers, Kale Greens, Oranges, Radishes, Sweet Potatoes, Strawberries, Tomatoes, Yellow Squash, & Zucchini Squash

We serve fresh fruits & vegetables!

Monday, May 8

Breakfast

Chicken or Sausage Biscuit or French Toast

Lunch

Mozzarella Cheese Sticks w/Marinara Sauce, Breadstick, Steamed Carrots, Garden Salad or Beef & Cheddar Sandwich, Tater Tots, Steamed Carrots

Tuesday, May 9

Breakfast

Chicken or Sausage Biscuit or Mini Pancakes or Oatmeal

Lunch

Chicken Alfredo, Garlic Bread, Broccoli, Corn or Hot Dog, Fries, Broccoli, Corn

Wednesday, May 10

Breakfast

Chicken or Sausage Biscuit or French Toast

Lunch

Queso Beef Nachos, Refried Beans, Corn, Lettuce/Tomato, Salsa/Sour Cream or BBQ Sandwich, Fries, Baked Beans, Slaw

Thursday, May 11

Breakfast

Chicken or Sausage Biscuit or Dutch Waffle or Oatmeal

Lunch

Popcorn Chicken, Mashed Potatoes, Gravy, Roll, Broccoli or Spaghetti, Garlic Toast, Garden Salad

Friday, May 12

Breakfast

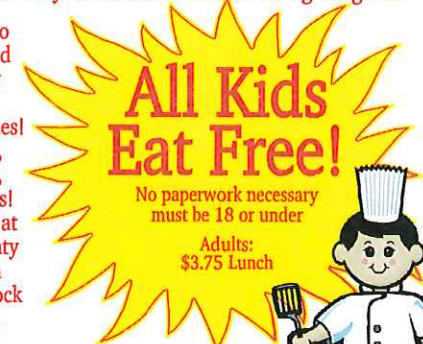
Chicken or Sausage Biscuit or Mini Pancakes

Lunch

Slider Burgers, Baked Chips, Lettuce/Tomato/Cheese, Baked Beans, Slaw or Hot Ham & Cheese Sub Baked Chips, Baked Beans, Slaw

Dawson County Schools Summer Feeding Program

We're here to serve you and your family delicious summer lunches! Convenient, economical, healthy meals! Meals served at Dawson County Junior High School and Rock Creek Park.



Monday - Friday, 11:30 am - 12:30 pm

Please call 706-265-3246 for more info, or go to www.dawsoncountyschools.org.



DON'T GET!

Take at least **ONE FRUIT or VEGGIE**

and at least **THREE** items total so your meal counts as a complete lunch!

Hey kids!

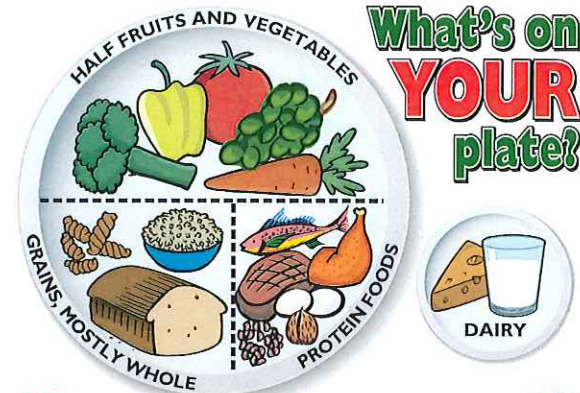
We're "shaking it up" in our dining rooms by focusing on providing you with tasty meals, friendly cafeterias, and happy schools! Look for our salt-free seasoning shaker blends available daily in the following flavors: Cajun, Ranch, Buffalo, & Tex-Mex

shake it up
IN SCHOOL NUTRITION

NUTRITION TO GO

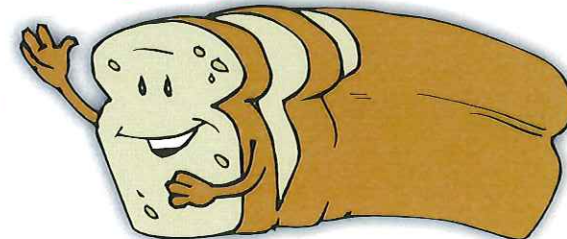
"Coleslaw" comes from a Dutch phrase ("kool sla") that means cabbage salad. Cabbage has been shown to help prevent certain types of cancer, and it's also loaded with vitamin C. Cabbage is easy to grow and tolerates cold very well. That's probably why it's featured in a lot of northern dishes, like sauerkraut.

A TASTY MORSEL FOR PARENTS



What's on YOUR plate?

Always try to score 100%!



The healthiest – and tastiest! – bread you can eat is the kind that says "100% whole wheat." Check out a loaf of the bread you usually eat. Does it say "100%" on the front label? Is "whole wheat flour" the first ingredient listed? Does the "Nutrition Facts" label say that the bread has at least 2 grams of fiber per slice? If you answered yes to all 3 questions, congratulations – you score 100%! If you didn't answer yes to all three, give 100% whole wheat bread a try!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 15

Breakfast

Chicken or Sausage Biscuit or French Toast

Lunch

Chicken Nuggets, Roll, Gravy, Mashed Potatoes, Steamed Carrots or Steak, Roll, Gravy, Mashed Potatoes, Steamed Carrots

Tuesday, May 16

Breakfast

Chicken or Sausage Biscuit or Mini Pancakes or Oatmeal

Lunch

Queso Chicken Nachos, Refried Beans, Corn, Lettuce/Tomato, Salsa/Sour Cream, or BBQ Plate, Slaw, Corn, Texas Toast (2), Baked Potato

Wednesday, May 17

Breakfast

Chicken or Sausage Biscuit or French Toast

Lunch

General Tso's Asian Chicken, Rice, Sweet Potato Tots, Broccoli or Cheesy Breadsticks w/Marinara Sauce, Baked Potato, Broccoli

Thursday, May 18

Breakfast

Chicken or Sausage Biscuit or Dutch Waffle or Oatmeal

Lunch

Taco, Mexican Fried Rice, Lettuce/Tomato/Cheese, Salsa/Sour Cream, Corn or Philly Cheese Steak Sandwich, Peppers/Onions, Fries, Slaw, Baked Beans

Friday, May 19

Breakfast

Chicken or Sausage Biscuit or Mini Pancakes

Lunch

Hamburger w/Cheese, Tater Tots, Lettuce/Tomato, Baked Beans or Spicy Chicken Wrap, Tater Tots, Lettuce/Tomato, Baked Beans

Monday, May 22

Breakfast

Chicken or Sausage Biscuit or French Toast

Lunch

Spicy Chicken Wrap, Lettuce/Tomato/Cheese, Baked Beans, Fries or Mini Corn Dogs, Baked Beans, Slaw, Fries

Tuesday, May 23

Breakfast

Chicken or Sausage Biscuit or Mini Pancakes or Oatmeal

Lunch

Boneless Chicken Wings, Baked Potato, Texas Toast, Broccoli or Beef & Gravy, Mashed Potatoes, Broccoli, Roll, Baked Sweet Potato

Wednesday, May 24

Breakfast

Chicken or Sausage Biscuit or French Toast

Lunch

Chicken Queso Nachos, Corn, Refried Beans, Lettuce/Tomato, Salsa/Sour Cream or Beef & Cheddar Sandwich, Fries, Steamed Carrots, Corn

Thursday, May 25

Breakfast

Chicken or Sausage Biscuit or Dutch Waffle or Oatmeal

Lunch

Mozzarella Cheese Sticks w/Marinara Sauce, Breadstick, Broccoli, Garden Salad or BBQ Sandwich, Baked Chips, Slaw, Baked Beans

Friday, May 26

Breakfast

Chicken or Sausage Biscuit or Mini Pancakes

Lunch
LAST DAY OF SCHOOL!

Pizza, Garden Salad, Corn



Smile.
It's summertime.
We'll see you next year. Enjoy!